

# 2 Nights 3 Days Connecting with Heart N Soul

Waitoki, NZ





## RETREAT INTENTION

### WOMEN'S HEART & SOUL TRANSFORMATIONAL RETREATS

We guide women to see their truth, trust their inner knowing, and consciously create a life aligned with who they truly are.

# What to Expect

At Heart n Soul Women's Retreat, we offer a powerful, immersive experience designed for women ready to break free from limitations, trust their inner wisdom, and step into their true power. Set amidst nature, our retreat blends movement and connection, guiding you to shift perspectives, challenge beliefs, and create lasting transformation. We provide both shared and private accommodation options; please enquire for more details.





## Day 1

### Arrive and Unwind

Welcome to a weekend of gentle luxury. After settling into your cozy room, join our welcome circle to set a calm intention for your rest and renewal

### Welcome Circle

### Intro to Embodiment

Experience the **Blue Lotus tea**, and indulge in an intro to Embodiment Movement, where breath sound intertwine. Discover the magic of the heartbeat journey as you embrace embodiment.



# Heart Space

## **Inner Voice Circle**

Breath-work - Meditation - Movement

## **Lunch**

## **Workshop Awareness**

In our "Head to Heart" workshop, guests will become aware of limiting beliefs and take home practical processes to support ongoing growth.

## **Dinner**

## **Sound Journey**

Experience profound relaxation and heightened awareness through our transformative sound journeys, facilitating personal growth.





## Day 2

Create and Connect

**Morning Heart N Soul Chai Tea**

**Inner Voice Circle**

Breath-work - Meditation - Movement

**Breakfast**

**90 min Embodiment Movement Maree's Reflection:**

“It is so powerful this transformation. My cells are dancing all through my body. I feel my own radiance and remind myself to go gentle and slow. My connection with hubby took us to the first night we met. That's my truth.”

**Lunch**

Free time - Massages - Swim Sauna

**Dinner**





## Day 3

**Morning Heart N Soul Chai Tea**

**Breakfast**

Workshop

**11ish Depart**





## Included

**Accommodation** for 2 nights, 3 days

**All meals are included**, catering for ALL dietary requirements.

Take Home 5 min process to support on going transformations 1:1 coaching,

Personalised Coaching | Nature Walks and Reflective Silence | Spa

Relaxation | Pool and Sauna Access | Community Support | Embodied

Movement Sessions | Workshops and Group Circles | As a

Special Touch, Receive a Special Gift to Cherish the Memories.





## Details

### Choose your Sanctuary

**Shared Luxe Barn (Upstairs)** - A beautifully styled shared space designed for connection and community. Includes one shared bathroom with shower and toilet, plus an additional separate private toilet.

**Semi-Private - Luxe Barn (Upstairs)** - A more spacious shared setting, offering balance between privacy and togetherness. Includes one shared bathroom with shower and toilet, plus an additional separate private toilet.

**Private Room – Luxe Barn** - Your own quiet sanctuary within the barn — restful, comfortable, and grounding. Includes a private bathroom located separately from the bedroom for your exclusive use.

**Private Cabin** - A fully private retreat space immersed in nature, complete with kitchenette facilities. Bathrooms are shared with just one other guest. Solar-powered accommodation

**All Meals are Included**, and We Cater to All Dietary Requirements.

**afterpay** and Payment Plans available!

Book your discovery call with SAMALA

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